

ABSTRACT

Topic: Motional activity of people with elephantiasis.

Goal of the thesis: To evaluate and compare the impact of motional activity on elephantiasis of arms and legs.

Methods: The thesis was worked out as a case study. Sixteen patients participating at lymphodrainage filled the generic questionnaire SF-36. Six people with physical problems were observed during their regular motional activity during six months. The source of additional data were taken from the standard medical documentation. The data were evaluated through defined evaluation criteria and through standard statistical methods.

Results: The motional activity has positive impact on reduction of elephantiasis and is a part of complex treatment. The active approach of the patient is essential for the success of the whole therapy. The motional activity in a group had a very positive psychical impact on the patients. Heterogeneity of the group – with regards to the intensity and seriousness of the disease - stimulated itself and other people's cognition and gave impuls and motivation for the motional activity.

Key words: elephantiasis, motional activity, anthropometry